

# Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

## Eat Protein for Good Health

Food	Serving size	Protein (grams)
Steak/Fish/Chicken	3 oz.	21
Eggs	1 large	6
Milk	1 cup	8
Cheese	1.5 oz.	7
Yogurt	1 cup	11
Almonds	1 oz.	6
Beans	1/2 cup	8

Protein is essential to building our skin, hair, blood, bones, and so much more.

**How much do you need?** [MyPlate](http://www.myplate.gov/), [www.myplate.gov/](http://www.myplate.gov/), recommends eating about 5 to 6.5 ounces (~66 to 80 grams) of protein foods daily for adults ages 18 years and older.

**Where do you get protein?** Protein is found in meat, poultry, pork, fish/seafood, dairy products, nuts, beans, legumes, and some fortified grains. These foods provide B vitamins (immunity, eyesight), iron (blood health), zinc (immunity), and magnesium (muscle and bone health).

**Do you need a protein supplement?** Most healthy adults do not need a protein supplement. Those who may need a protein supplement are those with health conditions (e.g., cancer or major wounds [bed sores, broken bones, surgery]), that prevent their bodies from using the proteins they eat. When choosing a supplement, consider its purpose. If wanted for muscle development, try whey protein after exercising. If needed to prevent muscle loss, use casein protein before bedtime.

Before increasing your protein intake, be sure to talk with your health care provider.

To learn more, visit [Stay Independent: A healthy aging series](http://www.extension.iastate.edu/humansciences/stay-independent), [www.extension.iastate.edu/humansciences/stay-independent](http://www.extension.iastate.edu/humansciences/stay-independent).

Sources: [The Scoop on Protein Powder](http://bit.ly/3EMmGvz), [bit.ly/3EMmGvz](http://bit.ly/3EMmGvz).  
[Protein Supplements...Are They for You?](http://bit.ly/3bDUwGt), [bit.ly/3bDUwGt](http://bit.ly/3bDUwGt).

## Quick Turkey Rice Soup

Serving Size: 1 1/2 cups | Serves: 6

### Ingredients:

- 2 teaspoons vegetable oil
- 1 cup chopped onions
- 1 cup sliced fresh white mushrooms
- 1 clove garlic, minced
- 1 15-ounce can diced tomatoes
- 3 14-ounce cans low sodium chicken broth
- 1 10.75-ounce can reduced sodium cream of chicken soup
- 1 cup uncooked instant brown rice
- 2 cups chopped broccoli
- 2 cups chopped cooked skinless turkey
- 1/2 teaspoon ground black pepper

### Directions:

1. Heat oil in large saucepan over medium high heat.
2. Add onions, mushrooms, and minced garlic (if using); cook, stirring often, until onion is tender (about 5 minutes).
3. Add tomatoes, broth, soup, and rice. Cover and cook until rice is nearly tender (15 to 20 minutes).
4. Stir in the broccoli and turkey; return to boil.
5. Reduce heat and simmer, partially covered, until broccoli is tender and turkey is heated through (about 5 minutes).
6. Remove from heat; stir in freshly ground black pepper.

### Nutrition information per serving:

310 calories, 7g total fat, 2g saturated fat, 0g trans fat, 40mg cholesterol, 510mg sodium, 40g total carbohydrate, 4g fiber, 5g sugar, 23g protein

This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit

[spendsmart.extension.iastate.edu](http://spendsmart.extension.iastate.edu)



[www.extension.iastate.edu](http://www.extension.iastate.edu)

## Strength Training for Strong Muscles

Current physical activity guidelines recommend strength training, which helps to prevent or reverse sarcopenia. Sarcopenia is the decline of skeletal muscle tissue, or muscle mass, as we age. Doing strength exercises at least twice a week keeps your muscles strong, so that you can do everyday activities such as lifting groceries and rising from a chair.

Visit the National Institute on Aging [Go4Life exercise videos](https://www.youtube.com/watch?v=3ocqDmy), bit.ly/3ocqDmy, on YouTube for strength-training exercises, [7 tips for a safe and successful strength-training program](https://www.youtube.com/watch?v=7tipsfora), bit.ly/3GNZQ8p, or download the [Prevent Sarcopenia](https://store.extension.iastate.edu/product/14826) handout, [store.extension.iastate.edu/product/14826](https://store.extension.iastate.edu/product/14826).



## Safe Food at Potlucks

Potluck meals are a fun, low-cost way to celebrate the holidays with friends and family. They are also linked with the spread of foodborne illness. Follow these tips to keep food safe:

- If you or someone in your home has “stomach flu” or symptoms of a foodborne illness, don’t prepare food.
- Don’t mix salads, such as potato or a tossed lettuce salad, with your bare hands. Use utensils or wear gloves instead.
- To keep cold foods cold (40°F or lower), remove items from the refrigerator just before leaving home and put them in a cooler with ice or a freezer gel pack. Remove hot food items from the oven or cooktop and place in containers such as insulated bags to keep foods hot (140°F or above).
- To prevent cross-contamination, cover your car seat with a clean sheet or large towel before placing the food container on it and don’t transport food with animals in your car.

Source:

[Food Safety: Potluck Parties](https://www.youtube.com/watch?v=3ohLFAI), bit.ly/3ohLFAI.